WILMINGTON, NC

SPRING 2024

WELLNESS IN WILMINGTON

LET'S GET WELL.

HIGHLIGHTS

A spotlight on Wilmington N.C.'s booming wellness industry and what it has to offer you.

SPRING 2024

WILMINGTON WELLNESS

Contents

A spotlight on the wellness options Wilmington, NC has to offer you.

CREATED BY STEFANIE ROBACK LCSW, LCAS

WELLNESS IN WILMINGTON

ARISE
Counseling & Therapy

ABOUT ARISE:

When we opened the doors to Arise, the intention was to establish a practice that could offer the Wilmington community help with life's challenges from a team of highly-skilled and educated therapists.

Educated in a range of modern health philosophies and experienced in the treatment of a range of mental health concerns, individuals will receive the help they need from a professional team of women with extensive mental health training and education.

SPECIALTIES

- Adolescents, Young Adults, Adults
- Couples Counseling
- PTSD & Trauma (EMDR)
- Grief
- Self-esteem & Identity Issues
- Disordered Eating & Body Image Concerns
- Anxiety
- Depression
- Insomnia and sleep-related issues
- Stress Management

WELLNESS IN WILMINGTON

ARISE
Counseling & Therapy

Counseling + Therapy
located on Wrightsville Beach, NC
Serving the greater Wilmington area

INSURANCES IN-NETWORK:

BLUE CROSS BLUE SHIELD
CIGNA
UNITED HEALTHCARE
AETNA
TRICARE (CERTIFIED PROVIDER)

SELF-PAY
REDUCED RATE

WELLNESS Q&A

WHAT DO YOU SEE HAVING THE BIGGEST IMPACT ON WELLNESS TODAY?

I believe the biggest impact on wellness today is intentionality. Life is so busy and moves to fast, if we don't move with intention we may miss our bodies and minds signaling us. We might miss signals to rest, slow down, find support, lean on our communities etc. I think being intentional with ourselves is so important to feel well.

IF YOU COULD PROVIDE JUST ONE TOOL OR PIECE OF ADVICE TO HELP SOMEONE TAKE CARE OF THEIR WELLNESS, WHAT WOULD IT BE

If I could provide just one piece of advice to help take care of your own wellness it would be to take some time to reflect on who you are. Our needs differ so greatly from person to person, don't just subscribe to what everyone else is doing to find meaning, joy and health - choose the path that works best for who you are.

HOW DOES OUR CITY FOCUS ON AND VALUE WELLNESS?

I love so much that Wilmington offers such a wide variety of wellness options, you can find anything you need right here. I also love that there is so much collaboration, community events and events that showcase options you may have never heard of or seen before.

HOW DOES YOUR COMPANY INFLUENCE THE WELLNESS OF THE COMMUNITY?

Arise is focused on the healing and wellness of our community. Walking alongside others as they discover more of who they are and feel more like their true selves is an incredible process. We love that we get to witness healing and growth.

WELLNESS IN WILMINGTON

STAY COZY
A WELLNESS STUDIO

ABOUT STAY COZY:

Stay Cozy Wellness is a holistic facial studio owned by Nancy Haas, a licensed esthetician who specializes in lymphatic drainage and the buccal facial massage technique.
Stay Cozy recently launched their storefront, which will soon offer a curated selection of clean skincare, lymphatic drainage tools, and Nancy's handmade ceramics.

photo credit: Summer Brown

OWNED BY NANCY HAAS

I became a licensed esthetician five years ago after deciding that my original career path was not giving me the fulfillment that I was searching for. I knew that I wanted a career in which I could be creative and make a positive impact on people's lives.

I worked as a licensed esthetician in New York for four years before moving to North Carolina. In that time, I was trained by some of the most renowned estheticians, medical spa owners and skincare educators in New York.

Eventually, I decided that holistic esthetics was the path that felt true to me. I hope that Stay Cozy Wellness Studio will bring you as much joy and peace as it has brought to me.

WELLNESS Q&A

WHAT DO YOU SEE HAVING THE BIGGEST IMPACT ON WELLNESS TODAY?

Wellness is trending right now! Social media has become one of the most influential ways that we consume information. There are endless resources for people to explore any niche of wellness that they are interested in. The benefit of having easily accessible information is that we are becoming more conscious about what it means to take care of ourselves. I would just encourage readers to carefully source their information.

IF YOU COULD PROVIDE JUST ONE TOOL OR PIECE OF ADVICE TO HELP SOMEONE TAKE CARE OF THEIR WELLNESS, WHAT WOULD IT BE

Don't put too much stock in other people's opinions. Do what works best for you. Wellness is a personal journey and everyone's looks different. It shouldn't feel daunting or overwhelming. A person begins their wellness journey with the intent to feel better, so I believe that they should approach it gently and intentionally.

HOW DOES OUR CITY FOCUS ON AND VALUE WELLNESS?

Wilmington is one of the first places I've lived, where wellness is a way of life for a large percentage of the community. It shows in the amount of small businesses that cater to healthy living. There are so many wellness practitioners, therapy practices, PT specialists and more. There is also a lot of support from the community to ensure that those small businesses thrive.

HOW DOES YOUR COMPANY INFLUENCE THE WELLNESS OF THE COMMUNITY?

My hope is that Stay Cozy Wellness continues to become a space for people to unwind, heal and find confidence in their skin and overall well being. I am incredibly thankful for the outpouring of love and support for my small business. I wouldn't be in the place I am now without the encouragement of my clients and fellow small business owners in the community.

WELLNESS IN WILMINGTON

Just Wellness
NURSE COACHING PLLC

ABOUT JUST WELLNESS NURSE COACHING

Just Wellness Nurse Coaching is owned and operated by holistic registered nurse, Justine Capps, a board certified nurse coach through The American Holistic Nurses credentialing corporation. After receiving a Multiple Sclerosis diagnosis in 2015, and beginning to navigate new methods to address her diagnosis, Justine started noticing a major gap in healthcare. After joining support groups to help aid her own wellness journey, it became clear that patients were feeling unheard, unsupported, and overwhelmed. Becoming a patient in a broken healthcare system became her greatest teacher. In an effort to help bridge the gap in healthcare, Just Wellness Nurse Coaching was born to support patients in their wellness journey by using modalities that integrate body, mind, spirit, and environment to optimize their health. Just Wellness Nurse Coaching offers a free phone call to assess readiness to see if working together is the right fit. After the initial call, Justine works to create a personal virtual one-on-one wellness coaching plan and also offers noninvasive functional lab options for all interested clients.

SPECIALTIES

Uses HTMA (Hair tissue mineral analysis), a noninvasive functional lab, that provides a proactive approach by acting as a window into cellular health. Cellular health is affected by trauma, diet, stress, medications, environment, supplements, and heavy metals.

Offers both accountability and support while navigating transformational lifestyle changes by minimizing overwhelm.

Provides education around health-related knowledge gaps by utilizing nursing background.

Partners with clients to create realistic wellness goals tailored to their life by breaking down barriers.

Provides support around intuitive eating, movement, mindset, and confidence.

Shares in-depth knowledge and research around lowering toxic load pertaining to current lifestyle.

WELLNESS Q&A

WHAT DO YOU SEE HAVING THE BIGGEST IMPACT ON WELLNESS TODAY?

More people are leaning towards the holistic approach. Holistic health emphasizes the interconnectedness of a person's life. The mind- body connection has become increasingly important. People are beginning to recognize the significant role their emotional well-being has on every aspect of their health.

IF YOU COULD PROVIDE JUST ONE TOOL OR PIECE OF ADVICE TO HELP SOMEONE TAKE CARE OF THEIR WELLNESS, WHAT WOULD IT BE

Learn to listen to your body and allow every day to look different. Getting consumed by rigid perfectionism is just as toxic as a unhealthy lifestyle, both cause immense stress. True wellness honors the interconnectedness of the body.

HOW DOES OUR CITY FOCUS ON AND VALUE WELLNESS?

Wilmington values wellness by providing a variety of resources. From local farmers markets to goat yoga, the city provides a range of activities that promote wellness for everyone. When it comes to exercising the body and the mind, the beaches are hard to beat!

HOW DOES YOUR COMPANY INFLUENCE THE WELLNESS OF THE COMMUNITY?

Just Wellness Nurse Coaching, is helping bridge the gap in healthcare, allowing patients to be heard. As a holistic nurse, the approach taken with my patients empowers them to take control of their health in a supportive non-judgmental environment. Through a supportive environment within the coaching relationship, optimal health is achieved and ultimately creates a ripple effect.

WELLNESS IN WILMINGTON

figgyCo

ABOUT FIGGY:

I created Figgy Co. when I realized I couldn't locally source my favorite clean beauty products.

I left my job as an ultrasound technologist and concentrated my efforts on creating a space dedicated to self-care; a place where I could share the best and cleanest natural beauty and wellness products with the Wilmington area.

Whether you're all-natural obsessed product junkie like me or just starting your wellness journey, I'm excited to get to know you and share this space with you.

ABOUT JENNY:

Like many others in the clean beauty industry, my story begins with health issues.
I had been on a wellness journey for over ten years and was sure I could count on my thirties to kick my skin problems to the curb. Regardless of my age or what "miracle" I bought into, my skin never seemed to respond the way I hoped. I would lament that I shouldn't have to deal with both acne and fine lines. It wasn't until I started having health issues --specifically Hashimoto's disease-- that I began to analyze not only what I put in my body but also what I put on it.

WELLNESS Q&A

WHAT DO YOU SEE HAVING THE BIGGEST IMPACT ON WELLNESS TODAY?

More than any other time in history we have a multitude of resources to make informed decisions about our wellness. Primarily, the rise of digital platforms and social media has helped spread knowledge, empowering individuals to choose what is best for them and the planet. This trend promotes a deeper connection between people, their bodies, and the environment, which has transformed the wellness industry.

IF YOU COULD PROVIDE JUST ONE TOOL OR PIECE OF ADVICE TO HELP SOMEONE TAKE CARE OF THEIR WELLNESS, WHAT WOULD IT BE

If I could offer one piece of advice for wellness, it would be to start small. Taking baby steps can make a big difference. Whether incorporating a five-minute meditation into your day or adding an extra serving of vegetables to your meals, small changes can lead to significant improvements over time. Consistency is key, so focus on manageable goals and celebrate your progress along the way.

HOW DOES OUR CITY FOCUS ON AND VALUE WELLNESS?

Living by the coast naturally encourages wellness. Not only do we have many outdoor activities such as surfing, swimming, and walking on the beach that promote wellness, but living by the coast also provides a connection to nature that promotes well-being. We have such a strong community of wellness providers including not only health professionals but also, fitness instructors, massage therapists, nutritionists, and acupuncture providers, and more that continually organize wellness events and workshops to further prioritize healthful living. Local farmer's markets encourage buying local and reducing our carbon footprint. Wilmington has so much to offer in the wellness arena.

HOW DOES YOUR COMPANY INFLUENCE THE WELLNESS OF THE COMMUNITY?

As a clean beauty and wellness store with exceptionally high standards, our first line in influencing wellness is by vetting each product we bring into the store. We look at each ingredient of each product to ensure that nothing harmful is included and that you can shop with confidence. We also have started to organize wellness events with an emphasis on education. These events include not only subjects revolving around beauty but also women's health issues including pregnancy, postpartum depression, breastfeeding, dental health, menopause, and more. We are also in the process of remodeling our space and are collaborating with Maven Coffee to have a coffee bar in-store. This will increasingly blur the boundary between wellness and beauty and our community connection. As we prioritize our well-being, we find ourselves more deeply connected to those around us, fostering a sense of belonging and shared purpose.

WELLNESS IN WILMINGTON

the Wellness buff

ABOUT YOUR WELLNESS BUFF:

Buffy Andrews, owner of the Made Well Center for Wholeness, founder of This Whole Life Foundation, and your local Wellness Buff. I am a licensed clinical social worker, and board certified functional wellness practitioner.

I value root cause awareness, developing systems that function for YOU, and creating accountability to help you achieve the goals you have for your health. I seek to help individuals feel empowered to overcome any mental health struggles they may be facing through radical hope, evidenced based practices, and dedication to navigating the ups and downs of healing with the individual.

WELLNESS Q&A

WHAT DO YOU SEE HAVING THE BIGGEST IMPACT ON WELLNESS TODAY?

I think the ability for clients to have practitioners they can trust to actually walk through their wellness issues with them radically changes the trajectory of their healing. The ability for practitioners to be well rounded in their knowledge, but discerning in their ability to know and understand their clients needs has the largest impact on their wellness journies.

IF YOU COULD PROVIDE JUST ONE TOOL OR PIECE OF ADVICE TO HELP SOMEONE TAKE CARE OF THEIR WELLNESS, WHAT WOULD IT BE

If I could give one piece of advice for people to take care of their wellness - I would suggest that they should learn and hear it all, but trust themselves. I would also suggest that people learn that there is no one magic bullet or no one solution to their healing, it is ALL connected and it's important to take ownership of their healing from all fronts.

HOW DOES OUR CITY FOCUS ON AND VALUE WELLNESS?

Our city does a great job of creating networking amongst providers. I do feel like many of our providers realize there is plenty of people to serve, and we try to elevate the healing experience for many by providing free workshops, and support groups where possible. Our city also has many non profits that provide services for the underserved populations of our community.

HOW DOES YOUR COMPANY INFLUENCE THE WELLNESS OF THE COMMUNITY?

The Made Well Center for Wholeness seeks to elevate the client experience in functionally healing mental health struggles. We offer a wide variety of services to help integrate healing on all fronts to include mental health counseling, health coaching, gut health coaching, monthly workshops, and healing intensives. We are always seeking to provide excellent client care, create innovative services like our healing intensives, and educate various community organizations about mental health and wellness.

WELLNESS IN WILMINGTON

Root to Rise

ROOT TO RISE HEALTH

Kelley Hoag, M.S. is a Somatic Behavioral Therapist who works with high-level leaders wanting to go deeper than traditional talk therapy, and live a life beyond the status quo. She stands for her client's sustainable self-growth by blending unique research-backed and intuition-led methods to find clarity and acceptance from the inside, out. Kelley guides her clients to deep self-trust by connecting them to their bodies in order to process their emotions and beliefs, turning loud voices of judgement and criticism into ones of success, and compassion.

Kelley holds her Bachelor's of Science in Psychology, and Master's of Science in Applied Behavior Analysis. Kelley is also certified as an Integrative Health Coach, 200 hr Yoga Teacher and Meditation Teacher, and holds additional certifications in Integrative Somatic Parts Work, and Somatic Attachment Therapy. As the founder of Root to Rise, Kelley has 10+ years of experience in the field. She works virtually with her clients one-on-one and hosts retreats, workshops and in-person events all over the country. She currently is accepting new private clients, and hosting an upcoming women's retreat in Wilmington this May.

WELLNESS Q&A

WHAT DO YOU SEE HAVING THE BIGGEST IMPACT ON WELLNESS TODAY?

I think burnout at work has a huge impact on wellness today. People are realizing they want more in their lives than an all-consuming job, despite how passionate they may be about it. The concept of "romanticizing" your life has become popularized, and I'm a fan of it! It's all about finding joy and presence in the small moments. Happiness doesn't have to be reserved for a week vacation off work once or twice a year, but instead, can be an intentional choice to weave pleasure into what you're already doing in your day.

IF YOU COULD PROVIDE JUST ONE TOOL OR PIECE OF ADVICE TO HELP SOMEONE TAKE CARE OF THEIR WELLNESS, WHAT WOULD IT BE

To the point above, make it easy and accessible. Wellness doesn't have to be a week-long yoga retreat, a 20 minute meditation, or a daily journal practice, if none of those feel true. In fact, if any of those ideas stress you out, or you feel guilty for not doing them, then they're not supporting your wellness! My clients feel "well" when they're weaving authentic desires into their day in a compassionate way, that's not induced by "shoulds." That may mean 10 extra minutes of sleep INSTEAD of journaling, or moving instead of meditating, or even as seemingly frivolous as buying the more expensive nut milk because the routine of making coffee at home feels like a grounding ritual. It's often about doing less, rather than doing more. You can create bigger, more sustainable shifts with micro-choices aligned with what you're already doing. And, it'll feel a lot more gentle and kind on your nervous system.

HOW DOES OUR CITY FOCUS ON AND VALUE WELLNESS?

I recently moved to Wilmington from Los Angeles, the wellness capital of the U.S. and I think the way wellness is valued here is so much more beautiful and honest. There's a more intentional approach that goes beneath the surface. I've noticed that there is a strong emphasis on community and lifting each other up here, as well as an openness to creative approaches, and an honesty that allows for more depth. There is such an abundance of amazing practitioners, events, spaces here who all have such heart and compassion, which was such an unexpected surprise.

HOW DOES YOUR COMPANY INFLUENCE THE WELLNESS OF THE COMMUNITY?

I'm so grateful to be living here, in a place where people are open-minded, and interested in exploring other modalities to support themselves. Working one-on-one, hosting group workshops and retreats, guest speaking at events, and being interviewed on podcasts all allow me to share about Somatic Behavioral Embodiment, which is the unique, proprietary blend of modalities I use. I pull from parts work, movement, psychoanalysis, yoga, behavior principles, all to support people in having a deeper, more loving and honest relationship with themselves, which then impacts every other relationship in their lives in such expansive ways. I'm looking forward to continuing to be an expert in the community who influences, but more importantly, supports, advocates for, and helps people feel excited about mind/body wellness.

WELLNESS IN WILMINGTON

PHYSICAL THERAPY + INTEGRATIVE WELLNESS

salt & light

ABOUT SALT AND LIGHT PHYSICAL THERAPY:

Salt & Light Physical Therapy and Wellness specializes in providing holistic treatment options and programs that are designed to serve WOMEN for their healthcare needs. We help women with bowel/bladder dysfunction, pelvic pain, orthopedic injuries, sexual dysfunction, oncology and lymphedema management on their journey to becoming whole, living integrated, and optimizing their human movement experience to live a life of abundance!

We are a private physical therapy and integrative wellness practice that specializes in Women's Health. We blend embodiment practice within the framework of physical therapy which allows the body to be a tool for healing through self-awareness, self-regulation, mindfulness, connection, and balance. We help you restore the alignment between the mind, body, and spirit through movement.

WELLNESS Q&A

WHAT DO YOU SEE HAVING THE BIGGEST IMPACT ON WELLNESS TODAY?

I believe that holistic healthcare is having the biggest impact on wellness today! The integration of treating the mind, body, and spirit optimizes the consumer's response to the care that they receive. Holistic healthcare provides a well-rounded approach to wellness while promoting alignment of the whole person. At Salt & Light PT it is our mission to provide holistic women's healthcare that is empowering, supportive, and integrated through movement.

IF YOU COULD PROVIDE JUST ONE TOOL OR PIECE OF ADVICE TO HELP SOMEONE TAKE CARE OF THEIR WELLNESS, WHAT WOULD IT BE

Build your life team! A life team is made up of providers and practitioners that help make you the best version of yourself. A life team may consist of your physicians, physical therapist, counselor, coach, nutritionist, yoga teacher, massage therapist, esthetician, personal trainer, etc. At Salt & Light PT we value walking alongside patients as a guide on their health and wellness journey. We help support patients as a member of their life team to address their physical bodies to get them where they want to be! As part of a patient's life team, we will give patients the support they need to heal and keep moving forward in life!

HOW DOES OUR CITY FOCUS ON AND VALUE WELLNESS?

I believe that Wilmington values wellness and this is evident throughout our communities all over the city! Wilmington has been recognized nationally as a top location for entrepreneurs and small business owners. The wellness industry has definitely gravitated towards our unique community over the last decade as seen by the exponential growth of small health and wellness businesses in our community.

HOW DOES YOUR COMPANY INFLUENCE THE WELLNESS OF THE COMMUNITY?

Salt & Light PT impacts the wellness of our community by empowering, resourcing, and equipping women with tools to progress toward their personal health and wellness goals. We have developed several community partnerships in which we team up with like-minded organizations to hold educational conversations around women's health. These community partnerships allow us to help educate women to become advocates for their health and wellness and improve access to care.

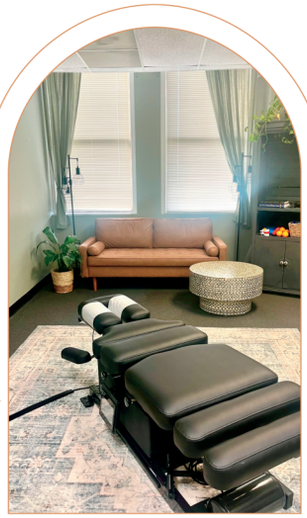
WELLNESS IN WILMINGTON

ABOUT BETTER YOU CHIROPRACTIC & DRY NEEDLING:

At Better You Chiropractic & Dry Needling your chiropractic experience is one that you have most likely not yet encountered. It is our mission to provide one-on-one wellness care through personalized chiropractic and dry needling.

I would like to introduce myself; I am Dr. Maggie Harris, owner and chiropractor. I believe that not every patient is the same and you deserve to receive tailored care based on your specific needs. We aim to be an example of what true wellness care entails and hope to spread the wellness mindset throughout the community. I am a graduate of the first chiropractic school, Palmer College of Chiropractic and fun fact, I was valedictorian of my graduating class!

At Better You Chiropractic & Dry Needling, we are dedicated to treating patients that are invested in taking their health into their own hands and initiating proactive steps towards their well-being. I have a background in sports as a certified athletic trainer, so I love working with active go-getter people who want to improve and get to the root of their problem. I specifically have a passion for treating women and being their healthcare advocate, however, I treat a variety of patients from infants, elderly, and anyone in between!



WELLNESS Q&A

WHAT DO YOU SEE HAVING THE BIGGEST IMPACT ON WELLNESS TODAY?

I see the community people choose to surround themselves in to have the biggest impact on wellness today. It is key to have a community that strives to teach wellness and be an example of what wellness is in order to make a difference! Here in Wilmington, we have such a variety of wellness practitioners and small businesses that have a huge impact on shaping wellness for our community.

IF YOU COULD PROVIDE JUST ONE TOOL OR PIECE OF ADVICE TO HELP SOMEONE TAKE CARE OF THEIR WELLNESS, WHAT WOULD IT BE

One piece of advice would be that wellness does not mean the same thing for everyone. Wellness is anything that encourages you to advance your life in a positive direction. It could be nutrition, sleep, hobbies, self-care, relationship with others, you name it. Look around you and see what interests you to become a better version of yourself and take off with it!

HOW DOES OUR CITY FOCUS ON AND VALUE WELLNESS?

Wilmington focuses on and values wellness by having such a large network of wellness providers in the area. It is truly a gift to have so many unique versions of wellness around to learn and grow within the community. Our city offers many workshops, group events, and markets educating about wellness, and this magazine is a prime example! Our city also values wellness by connecting with other providers in the area to collaborate and educate on all the different aspects of what wellness encompasses.

HOW DOES YOUR COMPANY INFLUENCE THE WELLNESS OF THE COMMUNITY?

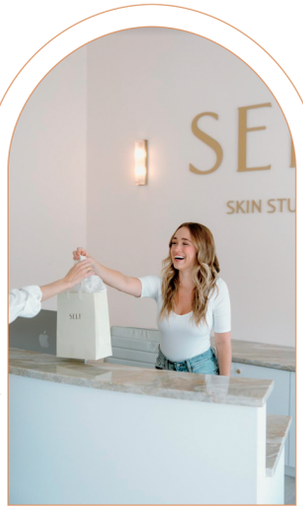
Better You Chiropractic & Dry Needling influences the wellness of community by continuously getting out and about to meet as many amazing people as possible to educate what chiropractic care really is about. We also love to learn from others and help build relationships with other small businesses to help grow and network with the wellness community. Keep your eyes out, in the future we plan to partner with other providers and offices for workshops and fun educational events!

WELLNESS IN WILMINGTON

SELF

ABOUT SELF-SKIN STUDIO:

Self Skin Studio was founded by Trish Holmes. The product of years of experience in the plastic surgery and aesthetic industry and a passion for natural looking results and a memorable patient experience. I wanted to break away from the traditional med spa and create a space that embraces simplicity, fun vibes, natural looking results, and the best skin treatments for everyone. I want the experience to have the warmth like you are going to your best friend's house, and only carry the products and treatments that get me so excited that I text my BFF “you’ve got to try this.”



WELLNESS Q&A

WHAT DO YOU SEE HAVING THE BIGGEST IMPACT ON WELLNESS TODAY?

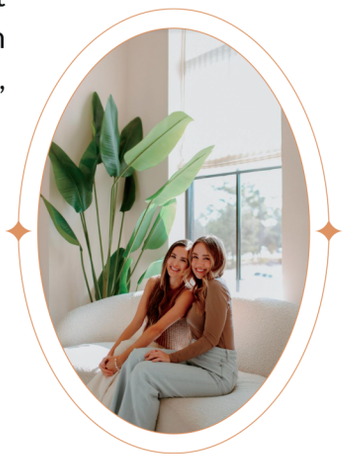
Social connections are truly the heart of wellness. Imagine having a circle of family and friends who've got your back and support. This support not only lifts our spirits but also encourages us to live healthier and bounce back quicker from life's ups and downs.

IF YOU COULD PROVIDE JUST ONE TOOL OR PIECE OF ADVICE TO HELP SOMEONE TAKE CARE OF THEIR WELLNESS, WHAT WOULD IT BE?

If I could offer just one piece of advice for wellness, it is so easy to let the big picture intimidate you. Start with small, manageable actions each day. These tiny steps forward count, gradually leading you toward your larger goals without the overwhelm. It's the little things that truly add up and make a significant difference.

HOW DOES OUR CITY FOCUS ON AND VALUE WELLNESS?

Wilmington has a wonderful wellness community. We've got a bunch of spots that bring people together to focus on feeling good, from fitness to food. It's all about connecting, supporting each other, and finding what works for you.



HOW DOES YOUR COMPANY INFLUENCE THE WELLNESS OF THE COMMUNITY?

Too many women feel like they have to hide under makeup in order to feel their best. At Self Skin Studio, we help women show off their best self with preventative skincare treatments that enhance your natural beauty and keep you looking and feeling amazing.

WELLNESS IN WILMINGTON

The Arise workshop

where wellness meets workplace.

We now offer **corporate workshops** that we bring right to your organization.

We talk about things that are important to the workplace such as burnout prevention, communication skills, coping skills and reducing stress.

Connect with us to learn more!

Where you may have seen us:

Live Oak Bank
Wilmington Health
nCino
Elevate Coworking Space
On the "What's Up Wilmington" Podcast